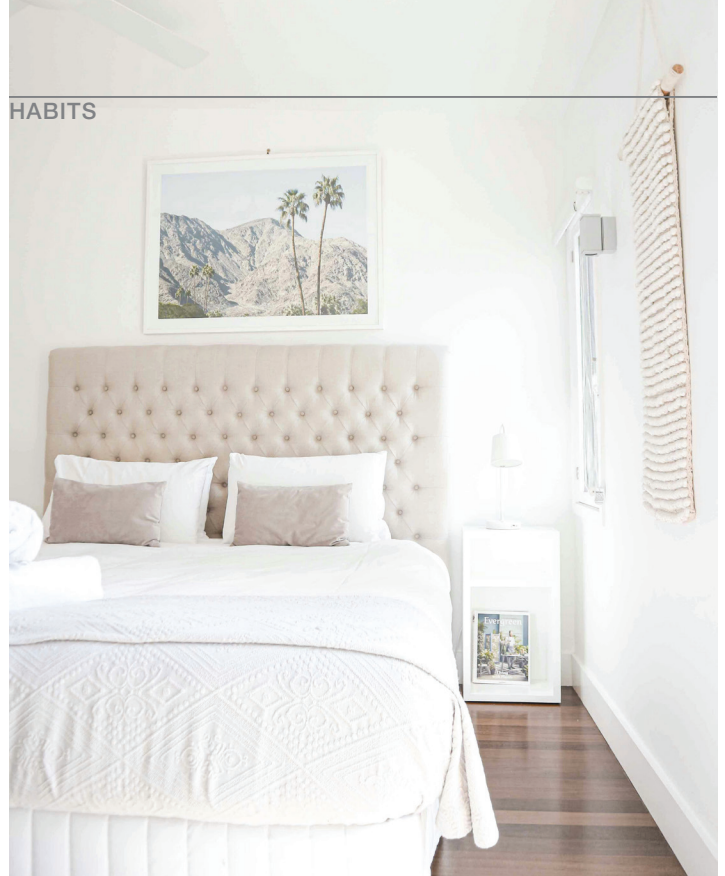


# Rest Easy, Live Fully

## Updating Your Nighttime Routine

If you struggle with sleep, a bedtime routine can lay the groundwork for restful nights. Here's a condensed guide to creating an effective routine:



### Establish a Routine:

- **Timing:** Start your routine 30 to 60 minutes before bed.
- **Consistency:** Keep the same sleep and wake times, even on weekends, to train your body's internal clock.

### Activities for Better Sleep:

- **Put Away Electronics:** Blue light exposure can disrupt melatonin production. Avoid screens and consider using a red-light filter on your devices to minimize blue light exposure.
- **Light Snack or Herbal Tea:** Avoid large meals close to bedtime. Choose light snacks and non-caffeinated herbal teas to promote relaxation and avoid digestive issues.
- **Stretch and Relax:** Deep breathing and gentle stretches release tension and prepare your body for sleep.
- **Practice Meditation:** Use mindfulness meditation to calm your mind. Focus on your breath and observe your thoughts without judgment.
- **Read a Book:** Replace screens with reading material. Choose light fiction or poetry to help you unwind.
- **Journal or Make a To-Do List:** Spend a few minutes writing down thoughts or tasks for the next day to declutter your mind and promote relaxation.
- **Prepare Your Bedroom:** Create a calming environment by adjusting the temperature (65-68°F), dimming lights, and eliminating noise. Consider using aromatherapy for added relaxation.
- **Get into Bed:** Make this the last part of your routine. Focus on relaxing and drifting off to sleep, ensuring your bed is a restful space.

For additional information on the health benefits of good sleep reach out to the USPS Employee Assistance Program. The EAP can offer guidance and support on your health journey.